



November 2017 Newsletter

Welcome to the Friends of San Antonio Natural Areas (FOSANA) e-newsletter! We share natural areas news, the Friends' efforts, and opportunities to get involved in volunteering or educational programs at San Antonio's natural areas parks. Going forward, we aim to bring you this newsletter monthly in 2017. Please check our website, www.fosana.org, for periodic updates and program information.

Passionate about Parks and the Outdoors? Consider being a volunteer for the San Antonio Natural Areas.

Though the park has staff to coordinate the educational and park maintenance activities, there is a need for extra hands. Volunteers are always needed to help with guided hikes and educational activities.

Volunteering is known to have many [physical and mental health benefits](#). The value of being outside in nature is well recognized, but helping to maintain it can give an added sense of purpose. When assisting in educational activities, you can have a sense of accomplishment and share your knowledge and skills and even acquire new ones. While the media generally reports on the benefits of volunteering for [older people](#), it has added [altruistic benefits](#) for all ages.

You do not have to be able to identify all the plants and animals. You can assist or shadow Master Naturalists who lead school groups. This is a great way to become familiar with the flora and fauna of the San Antonio Natural Areas. The busiest time of year for field trips is the fall and spring weekday mornings. Volunteers may also help with weekend events such as Kids to Parks Day, Second Saturday workshops, outreach in the community with partner organizations, and more.

In addition, volunteers can attend monthly training sessions held in the park's classroom. Training last approximately 90 minutes and cover a specific topic related to ecology such as geology, native plants, animal adaptations, and more.

To learn more about how you can make a difference, email nicole.mcleod@sanantonio.gov.



Texas Parks and Wildlife - Texas.gov

Texas Children in Nature Summit

Are you an educator or a parent looking for ideas to help your child learn about our natural environment? The [Children in Nature Summit](#) on November 7 and 8 has featured speakers and displays on diverse topics to help foster an appreciation of nature.

Upcoming Natural Areas Events

- **Starting Out Wild: Turkeys are Terrific** (ages 1-3)
 - 10:00 a.m.-11:00 a.m. | Friday, November 3 and 17 | Friedrich Wilderness Park classroom
 - Learn all about turkeys through stories, songs, and hands-on fun! These high energy, engaging programs are a perfect way to foster an appreciation of the natural world. It is recommended that a child be walking and a parent or caretaker attend with each child. RSVP required. Suggested donation: \$3 per person, \$6 per family. For more information, call 210-207-3782 or email nicole.mcleod@sanantonio.
- **Leave No Trace** (all ages)
 - 10:00 a.m.-2:00 p.m. | Sunday, November 5 | Friedrich Wilderness Park
 - Leave No Trace is a national program promoting the protection of our nation's parks through education, outreach, research, and partnerships. By building awareness, appreciation, and respect for America's public lands, Leave No Trace teaches minimum impact skills and conservation ethics. Visit Friedrich Wilderness Park between 10:00 and 2:00 p.m. on Sunday, November 5 and meet LNT educators who travel across the country in their Subaru teaching others how to protect and enjoy the outdoors responsibly. Since 1994, Leave No Trace Center For Outdoor Ethics, a non-profit organization, exists to educate people about their recreational impact on nature as well as the principles of Leave No Trace to prevent and minimize such impacts. For more information, please call 210-207-3782 or email nicole.mcleod@sanantonio.gov.
- Tuesday, November 7-8 | **Texas Children in Nature Summit at El Tropicano**
- **Hotel Growing Up Wild: Turkeys are Terrific!** (ages 4-7)
 - 10:00 a.m.-11:30 a.m. | Thursday, November 9 | Friedrich Wilderness Park classroom
 - Learn about turkeys through stories, songs, and hands-on fun! Growing Up Wild builds on a child's sense of wonder about nature and invites them to explore wildlife and the world around them. Activities are designed to provide an early foundation and appreciation of nature. RSVP required. Suggested donation: \$3 per person, \$6 per family. For more information, call 210-207-3782 or email nicole.mcleod@sanantonio.gov.
- **Celebrate America Recycles Day!** (all ages)
 - 10:00 a.m.-12:00 p.m. | Saturday, November 11 | Friedrich Wilderness Park
 - Spare Parts is a non-profit volunteer-driven organization that encourages creative reuse. Using materials such as discarded items such as water bottles, scraps of fabric, CD cases, paper rolls, newspaper, educators will facilitate unique projects that reflect creative ingenuity. If you are imagining it trash or simply ordinary, Spare Parts will figure out a way to make art because it's not waste until you waste it. In observance of America Recycles Day—A Keep America Beautiful Initiative. Take the #berecycled pledge to reduce the amount of waste you produce, recycle more, and buy more products with recycled content.

Suggested donation: \$3 per person, \$6 per family. For more information, call 210-207-3782

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- **Star Party at Eisenhower Park!**

- 6:00-8:30 p.m. | Saturday, November 11 | Eisenhower Park Mass Pavilion
- What's to see in the crisp, clear autumn skies? Observe the night skies with the San Antonio Astronomical Association and learn about the planets and the moon. Fun for families of all ages! Creative activities for families of all ages offered during this special event. No RSVP necessary. During inclement weather, be sure to check the calendar as this program could be cancelled. Suggested donation: \$3 per person, or \$6 per family. For more information, please call 210-207-3782 or email nicole.mcleod@sanantonio.gov.

Are you connected to San Antonio Natural Areas on social media? You can like us on [Facebook](#).

Find us on [Instagram](#) @sanaturalareas.

Friends of San Antonio Natural Areas is dedicated to promoting stewardship of San Antonio's Natural Areas, and to the understanding and appreciation of nature through educational and scientific programs.

For the latest updates and more activities, please see the calendar on the FOSANA website.

[Friends of San Antonio Natural Areas Website](#)
